

# November 2011 - Urbana Senior Center Activities

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    [www.FrederickCountyMD.gov/doa](http://www.FrederickCountyMD.gov/doa)  
 9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
 Programs may be canceled if enrollment is low. Activities are subject to change.

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
<b>October 31</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Armchair Travelers 1:00 Cards/Games/Wii	<b>1</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night	<b>2</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>3</b> 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	<b>4</b> Center is Closed  <b>Newseum Day Trip</b>
<b>7</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>8</b> 11:00 Exercise to Video <b>1:00 Blood Pressure</b> 1:00/6:00 Stitching Post 1:30 Rummikub <b>2:00 Beginning Spanish</b> 5:30 Pizza Night <b>6:30 5<sup>th</sup> Anniversary Party</b>	<b>9</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>11:30 Foot Care</b> <b>1:00 Osteoarthritis</b>	<b>10</b> <b>9:30 Men's Discussion Group</b> 11:00 Exercise to Video 11:30 Sequence <b>1:00 Consumer Issues</b> 1:00 Cards/Games	<b>11</b> Center is Closed
<b>14</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>15</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night <b>6:00 Games</b>	<b>16</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>11:30 Medication Compliance</b> <b>11:30 Blood Pressure</b> <b>Noon *Omelet Bar</b> <b>12:30 Ask Nurse Steve</b>	<b>17</b> 11:00 Exercise to Video 11:30 Sequence 1:00 Cards/Games	<b>18</b> Center is Closed  <b>National Archives Day Trip</b>
<b>21</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games/Wii	<b>22</b> 11:00 Exercise to Video <b>1:00 Blood Pressure</b> 1:00 Stitching Post 1:30 Rummikub <b>2:00 Beginning Spanish</b> 5:30 Pizza Night <b>6:00 Games/Scrabble</b>	<b>23</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>24</b>  <b>Center is closed</b> <b>Enjoy the holiday!</b>	<b>25</b> Center is Closed
<b>28</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Armchair Travelers	<b>29</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night <b>6:30 Fraud Awareness</b>	<b>30</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>11:30 Eye Care</b> 1:00 Wii Bowling	<b>Dec. 1</b> 11:00 Exercise to Video 11:30 Sequence 1:30 Cards/Games	<b>Dec. 2</b> Center is Closed  <b>Washington National Cathedral Trip</b>